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NYMC Synapse

Transmitting news to students of New York Medical College

Volume 1, Issue 2

Sep 2015

By Stephen Shapero

My New Name!

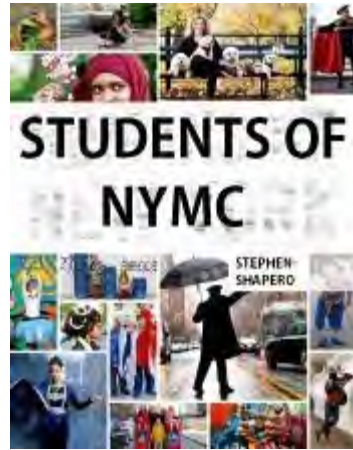
If you haven't noticed, the newsletter now has a name!

First, we would like to thank all of you for the awesome, creative, funny, punny, name submissions!

There were over 100 names to choose from and after hours of discussions and votes from the deans, we chose to name the newsletter NYMC Synapse!

Congrats Courtney! You have won the "Name This Newsletter" contest. You will be receiving an email very soon.

Students of NYMC



The School of Medicine at New York Medical College is home to a large student body comprised of unique individuals that have shaped the evolving diversity of our-time distinguished school. Over the past year, a few members of Student Senate had shown interest in showcasing this diversity. Our goal was to share the unique experiences and knowledge that lead each of us to NYMC. This was the inspiration that led to the development of *Students of NYMC*.

You might have seen the first few segments on the online blog, but we have found a new home in the *Synapse*. Read on to find out more about *Students of NYMC* and to get to know Joshua Sterling, the featured student in this month's segment.

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**NEW YORK
MEDICAL COLLEGE**

A MEMBER OF THE Touro College
AND UNIVERSITY SYSTEM

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Message from the Dean

The recently launched and newly-named '*NYMC Synapse*' is all about connectivity. As the name suggests, the '*Synapse*' connects our medical students to each other, to information, and to ideas. Perhaps a monthly newsletter is not as fast as an action potential in a synaptic cleft. But I know that the '*Synapse*' editors are committed keeping the information transmitting in a timely manner.

I've now completed my fourth and final Dean's Town Hall meeting, where the 3rd and 4th year medical students, residents, faculty members and staff at our major affiliated teaching hospital all contributed great ideas to the new School of Medicine strategic plan. As I reflect (and tweet @ddmmd69) about this comprehensive and inclusive planning process, an old aphorism occurs to me. It goes, "*The difference between a rut and a groove is depth*".

Our medical school relies on effective communication – of scientific knowledge, clinical best practices, and evaluation & assessment data – all critical information needed to accomplish our main mission of medical education. The new continuous quality improvement (CQI) emphasis in the medical school demands that the information that we collect & communicate be used to make us better at our mission.

If we commit to culture effective communications (perhaps not at the speed of a synapse), and to CQI processes in our daily work, then we'll turn wobbly ruts in smooth grooves. The '*NYMC Synapse*' has officially signed on, and is now a part of our organizational information-sharing transformation. Now that's groovy...

D. Douglas Miller, MD, CM, MBA



Library Updates!

by Marie Ascher,
Direct of the Health Sciences Library

A couple of things to look out for in the library:

- **Custom remote login.**

We are aware that students don't love the barcode login and we are looking at alternatives as per suggestions. In the meantime please know that you can call the library (914-594-4200) and change it to something memorable.

- **New flashcards in Access Medicine.**

There are now over 1,200 digital flashcards in AccessMedicine. The flashcards contain content from *Pathophysiology of Disease* and *Big Picture Medical Physiology*.

- **USMLE Test Prep materials.**

By now most of you know that the library has a subscription to *USMLE Easy* for studying for the Step 1 and 2 exams. It has been very well used, thank you. Take note of our other board prep and review materials listed here: <http://fyi.libmedia.nymc.edu/?p=5083>

- **Updating the Mastronardi computer room in the library.**

We are looking to make changes to the Mastronardi computer lab in the front of the library and would love student input. There will be cards in the Mastronardi room for you to write your thoughts on the space or you can send suggestions directly to marie_ascher@nymc.edu

- **We hope you are enjoying the renovations to the existing space** which added 24 new seats for quiet study. So far all feedback has been positive.

- **Coming soon:**

A "discovery tool" which will replace the search box on the library homepage for better searching across library resources. The library has recently purchased the product Summon. Stay tuned.

- **And as always contact us for research assistance or with suggestions.**

We are here to work with you and provide you with the space, resources and services you need.



Ask Mr. P.

by Joshua Sterling

Is there a burning question that you feel the student body just needs to know the answer to?

Just ask **Mr. President**....



Major Clinical Sites (STARS)
locations that have 6/7 clerkships (Family Medicine is not a requirement) and function as partners with NYMC when it comes to designing and implementing the clinical curriculum.

Clinical Affiliates (CIRCLES)
locations that only offer a few of the core clerkships. Deliver the curriculum set forth by NYMC.

Earlier in August NYMC was informed that we needed to adjust the number of students we sent to Lenox Hill. How did we get here?

There is an arms race going on in medical education. Big hospitals are buying up all the smaller hospitals and private practices, and new medical schools are popping up like daisies. In 2008 Hofstra University and the North Shore- LIJ (Long Island Jewish) Health System entered into a partnership to bring the first allopathic medical school to Nassau county. The first students matriculated in 2011 and in 2015 these students started clinical rotations at Lenox Hill Hospital, which joined the North Shore -LIJ health system in 2010.

At the same time North Shore was expanding another shift in the NYC medical landscape occurred. Suddenly in April 2010, St. Vincent's Catholic Medical Center closed after 161 years. The medical community lost the oldest and largest AIDS ward on the east coast. NYMC lost one of its three major clinical sites. In the wake of SVCMC's closure NYMC had to rely more heavily on clinical affiliates, like Lenox Hill, to have enough spots for all the third year students.

NYMC has been working to establish new major clinical sites and decrease the reliance on clinical affiliates. A few years ago we started the partnership with St. Joseph's, which quickly became a student favorite, and this year we began our partnership with Brookdale. I can't say where the balance between major sites and affiliates will end up next year. I can say that the members of the Office of Medical Education are working hard to ensure that there are enough clinical spots to train future generations of NYMC students, and more importantly that these locations are committed to the educational principles set forth by our faculty members.

I hope this shed some light on the complex nature of medical school hospital affiliations, especially in the New York area.

Please keep sending in any questions you'd like me to address or about the pieces I've written to SOM_president@nymc.edu with the subject line Ask Mr. P.



Financial Aid Updates

by Dean Anthony Sozzo

Election year politics offer up numerous proposals and soundbites on how to reform financial aid, deal with increasing student loan debt and ways to alter repayment and loan forgiveness plans. In 2016 the entire house of representative, one third of the Senate, twelve state governorships and the presidency of the US will be up for reelection. Between now and November 2016 expect to hear many proposals from candidates, legislators and think tanks. Some proposals would limit the amount of loan forgiveness a borrower could receive. Other proposals would cancel loan forgiveness altogether.

On a positive note the President wants to make more borrowers qualify for the Pay as You Earn (PAYE) repayment program which requires only a ten percent monthly payment. Keep in mind these are proposals and if any proposals gather steam or seem headed for a vote in Congress, the financial planning office will keep you posted. The national financial aid association and other various associations will also spring to action.

We also want you to know that the Consumer Finance Protection Bureau (CFPB) is investigating private student loan companies and their servicing actions. They are also investigating fee for service companies who charge graduates for information that is free from the US Department of Education. The information they charge for is for student loan consolidation and loan repayment programs. Our office always advises students and graduates to call the office for the latest information and advice on how to best handle your student loans debt. **It's free!**



Class Updates



Class of 2019

by Stephen Shapero

Congratulations on making it though your first full set of exams! Take a moment to recognize how much you've already learned!



Just a few things for you to know:

Get involved on campus:

You came to medical school to be a gynecologist? Mindy would be so proud!

Then make sure you dive headfirst into all the opportunities the OB/GYN club has to offer! Oh, I'm sorry, you DON'T want to be a gynecologist – it can be hard to hear over the AC always running on high. Well then, make sure to get involved in one of the many specialty interest groups and start earning the experience that help you determine what type of medicine interests you.

Attend the Club Fair:

September 10th is when every student organization is invited to share their mission and recruit new members! With a wide variety of clubs there is something that will interest everyone. The event is hosted in the BSB lobby and cafeteria.

So come, meet new people, and join a few clubs. Oh, there'll be some free food too.

Student Senate Elections:

Thank you to everyone who took a few minutes of their time to vote for our newly elected Student Senators! These five individuals are your peers and people you should consider as holding your interests in mind.

I almost forgot:

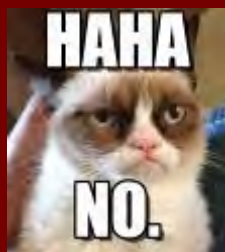
Take advantage of the upcoming long holiday weekends. Observe them with family and friends, catch up on your studies, or take a mini-vacation. Whatever you do enjoy the free time when it's available!

-Your Student Senate

Class of 2018

by Adam Gordon

Hope you guys are having a good time easing back into things and learning to **JUGGLE....3 classes at once!** (sorry if you didn't laugh)



Here are a few things you might not have been aware of:

Got an event? No problem! Amanda Feeney has made a **NEW** student calendar right outside the cafeteria on the bulletin board. Be sure to check it out for all the latest events by all the different clubs.

Pathoma and UWorld discount:

We just received our discounted UWorld and Pathoma subscriptions! **Let's not spend all those savings in one place.**

Need some more study space? The library renovations are complete! The library can now accommodate an additional 24 people where the old stacks were. Thank you Marie Ascher.

'Tis the season of the footballs

Get ready all you football fans cause its that time of year again. That's right, NYMC flag football season has started so suit up and bring your best game to the field next to WMC.



Our new commissioner Josue Burgueno has assured us that this will be one season that you wont want to miss! Wishing all the M2 teams the best of luck and praying no one gets hurt!

Lastly, there has been a **great sense of comradery** amongst the classes here at NYMC. The peer mentor group in addition to all the peer tutoring that has been going on shows how we are a tightly knit community. Keep up the good work everyone.

-Your 2018 Class Senators

Class of 2017

by Qais Karim

Hey there M3's!

Step I is over and the Class of 2017 is off to a great start with their clinical years!

Students are rotating through multiple sites in the tri-state area, including our new affiliate, **Brookdale Hospital in Brooklyn.**



Brookdale students have thus far provided the administration with very favorable reviews of their experiences.

If you know what happened to Lenox Hill and have questions or if you have been under a blanket and have no clue what we're talking about, go read the **"Ask P Anything"** segment (pg3)!

That's all the update we have for you! Short and sweet, right?

Stay tuned for more information about reuniting with your classmates at the upcoming Fall class meeting!

-Your 2017 Class Senators



Class of 2016

by Sarah Hochendoner

Happy 4th year Class of 2016!

We are truly moving along in our **final year of medical school!**

Away rotations are being conquered, and residency applications will all be submitted in just a few short weeks!



It's such an exciting, yet overwhelming, time in our medical school careers, and we look forward to this amazing year together.

Here are some brief updates:

ERAS:

We're so close! Keep working towards September 15th, and don't hesitate to reach out to Student Affairs if you have any questions.

Congrats to all of our early match classmates who have already submitted :)

Letters of Recommendation:

Remind your letter writers about the September 15th submission date, and aim to have all letters in by October 1st when the MSPE is uploaded.

Did other letter writers send letters to Student Affairs before ERAS changed the rules?! Unfortunately, Student Affairs is not allowed to upload those letters, but here is how you can get those letters into ERAS.

Log onto ERAS and still send the new form to the old letter writers. If the letter writer no longer has a copy of their letter, they can contact Student Affairs to get a copy scanned to them.

Yearbook:

Your favorite med school photos can be published forever in our senior year-book!

Please submit any and all pictures from the past 3 years to nymcyear-book2016@gmail.com.

We want to see **everything**... from club activities to your pets, fancy events, and casual time with classmates.

As always, feel free to contact us with any questions or concerns!

-Your 2016 Class Senators



Is Recording the Past the Future?

by Joshua Sterling

August 1, 1981 marked a new era in the music industry forever. Similarly, a new era at NYMC began on July 14, 2015. Both events were rooted in the usage of video to disseminate information. The events I'm referring to: the launch of MTV and NYMC recording all lectures.



What does one have to do with the other? MTV is a cautionary tale of change for the sake of change. MTV's influence on the music industry was evident almost immediately after its launch. Getting your video on MTV would take an artist from unknown to household name. No established artist would dream of releasing a new album without stopping by to chat with the MTV JVs.

As the world changed, MTV moved away from music to focus on reality programming, and today MTV holds slightly more influence in the music industry than I do.

This is the first year that all lectures are supposed to be recorded at NYMC. Conceptually, that is a fantastic improvement for the educational experience. However, the existence of a tool doesn't equate with optimal utilization.

It's up to us, as students, to make sure that Camtasia is the educational tool it can be and doesn't become the Jersey Shore. Snookie and Paule D are great to watch at 2am but neither is relevant to my love of music. Keep lecture recording relevant to your learning by working with your course reps and the course directors over the course of this year to improve the quality of the Camtasia recordings.

Give the professors feedback about what works and what doesn't. And, if you're feeling brave, remind them that "Video Killed the Radio Star" but Camtasia will never eliminate our professors.



Events to look out for!



Club Fair: September 10th, 5:00pm-7:00pm

Where you get to learn about each of the various clubs at NYMC and meet members of the clubs! It will be held in the cafeteria and the BSB lobby (next to the red couches). There's no way you can miss it! There will also be free food, so you really have no excuse not to come.

Wellness week: September 20th-25th

What is Wellness week? It's a week full of events where you relax, be healthy, and relieve some stress! In the past there has been many events throughout the whole week (all free), such as, Fitness Classes by GHHS and Diabetes Awareness by PT students. This year, there has been talk about puppies coming to campus and an outdoor movie. Keep an eye out for this!!



Health Fair: September 27th, 12:00pm-5:00pm

Every year, NYMC hosts a community health fair in nearby Elmsford to promote wellness and preventive health. Many student organizations participate in the fair, and there are wide range of activities from blood pressure screenings to a kid's station with face painting, hula hoops, and a bounce house. Stay tuned for more details and ways to participate!



Students of NYMC

...The first segments of *Students of NYMC* debuted this summer during the weeks preceding the arrival of the first year students. Each of the original segments focused on one of the transition week leaders, who were the first M2s that many of the new students would meet. The purpose of these short pieces, and that of the project as a whole, is to exhibit the personal stories, knowledge **and experiences of our peers, providing a taste for what makes each of us unique.** Those who read them learned some of Nehi's life philosophies or about the time Josue volunteered to protect turtle eggs in a village of less than 300 inhabitants.

As the school year continues, more stories featuring students from the medical school student body will be published in this monthly newsletter. Anyone interested in having a piece written about them or one of their peers can reach out to stephen_shapero@nymc.edu with a name, and if you have one, a prompt.

I hope that you all enjoy what is shared in these informal stories and that this project fosters conversation and new relationships between peers at NYMC and the community in which we live and serve.

- Stephen Shapero

Joshua Sterling

Hometown: New Orleans, LA

Undergraduate: Cornell University

Major: Biological Engineering

Minor: Bio-Medical Engineering



My interview with Josh marks the onset of introducing *Students of NYMC* into the academic year. **I've had the pleasure of getting to know Josh over the past year, but as this year's student senate President it seemed fitting for him to share a bit more of his background with his peers.**

Originally from New Orleans, Josh made his way through Cleveland, Ohio before starting his formal education at Cornell University. While he always had an inkling that he would become a physician, Josh first spent a few years working for Novartis in the pharmaceutical industry prior to his career at NYMC. Before the end of his third year,

Josh found his passion in the operating room. When I asked how he came to this **realization he told me: "When you're in the OR nothing else exists. The outside world melts away and one hundred percent of your attention and concentration is focused on the patient in front of you. I had never experienced anything like that before."**

It's not uncommon to hear stories like this where medical students fall in love with surgery, but Josh said it was the toys in urology that really captivated him. He told me urology has all the best the OR has to offer. Listening to Josh talk about lasers, operative microscopes, robots, and stimulators made it easy to understand why he gravitated to this surgical specialty early in his education.

Josh knows how to have fun outside of the OR too. With a list of hobbies stretching from running, skiing, and rock climbing to a **competitive game of soccer, it's clear that enjoying the outdoors is as important to Josh as devoting himself to a patient's care.**

When I asked Josh to tell me about an impactful moment in his education he responded with a story about a patient who received an elective nephrectomy:

"We removed a non-functioning kidney from a 4 year old girl. She had fallen a few years back and with time imaging revealed zero renal function in one kidney. So we took it out. Usually a relatively simple procedure, this one proved more complicated; most of the typical anatomic landmarks were completely obliterated.

This was everything but a simple procedure.

"Afterward I ask the attending what the indications were to remove the kidney. He explained that he removed the organ to prevent recurrent infections, and while renal function was zero the potential endocrine function increased risk of some diseases. His patient may have never developed any sequelae, but waiting for symptoms to manifest prior to intervention would have meant difficult treatment and irreversible damage.

"I understood the logic; preventing disease is better than treating disease. So I asked, whether he thought he made the right choice, knowing now how difficult the surgery turned out. The response I got was the most honest I've ever received from an attending: **'If the worst thing that happens post-op is a night in the ICU and some pain then yes. If anything else occurs then probably not.'** I still reflect on what he was trying to tell me. **Maybe there's a gem of physician wisdom in those words, or perhaps it was the answer of an exhausted surgeon.** Right or wrong my take away is: our educational careers have been all about what is **the right answer. We're so often taught** that medicine is a science, so there has to be a right answer for every question. But in practice there isn't always a right answer. Sometimes the best you can do is make a choice based on the information presented and then never look back to second guess it."

Representing the Class of 2019!

Please welcome our newest additions to the Student Senate! They sure are an interesting and impressive bunch. Keep an eye out for their involvement around NYMC!

From left to right:

- ◆ Philip Maynard
- ◆ Maya Rubin
- ◆ Alec Selby
- ◆ Justin Cole
- ◆ Hannah Gissel

Congratulations!



Also welcome your new
Course Representatives!

M1

Anatomy - **Ariel Kwart**
Histology - **Maria Navarro**

M2

Pathology - **Linda Song**
Pharmacology - **Balu Vemula**
Microbiology - **Julia Blanter**

Course Reps for FCM and Ethics are still needed for BOTH M1's and M2's! Lydia Bunker has sent out another form for these positions.

Please apply if interested!

Meet Your Student Senate!

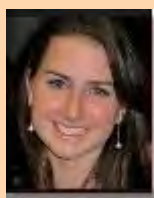
Class of 2016 Senators



Jessica Kumar



Kelvin Luu



Alyssa Simeone



Josh Sterling
[President]



Oded Tal



Sarah
Hochendoner

Class of 2017 Senators



Zaza Atanelov



Lydia Bunker
[Vice President]



Henry Feng



Qais Karim



Jessica Oh

Class of 2018 Senators



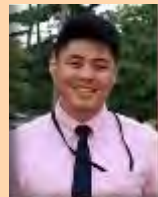
Amanda Feeney



Jake Feldman



Adam Gordon



Seung (Paul) Jeong
[Treasurer]



Stephen Shapero
[Secretary]

Class of 2019 Senators (Photos coming soon!)

Philip Maynard, Maya Rubin, Alec Selby, Justin Cole, Hannah Gissel

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NYMC Synapse